

SPIRITUALITY OF SELF-ESTEEM: UNLOCKING YOUR POTENTIAL

"Just to be is a blessing, just to live is holy."
Abraham Heschel

A 7-week workshop
to
DISCOVER

- ❖ the BLESSING you are
- ❖ the "WELL" within
- ❖ the UNFOLDING MYSTERY of yourself
- ❖ the KEY to healthy relationships

Process for each session:
presentation
visualization
creative expression

Date: Beginning Tues. Feb. 1, 2000
Time: 2:00-3:30
Place: SGW Annex Z 2090 Mackay Rm 104
Info & Reg: Michelina Bertone, SSA 848-3591